

# Lifespan Respite Washington

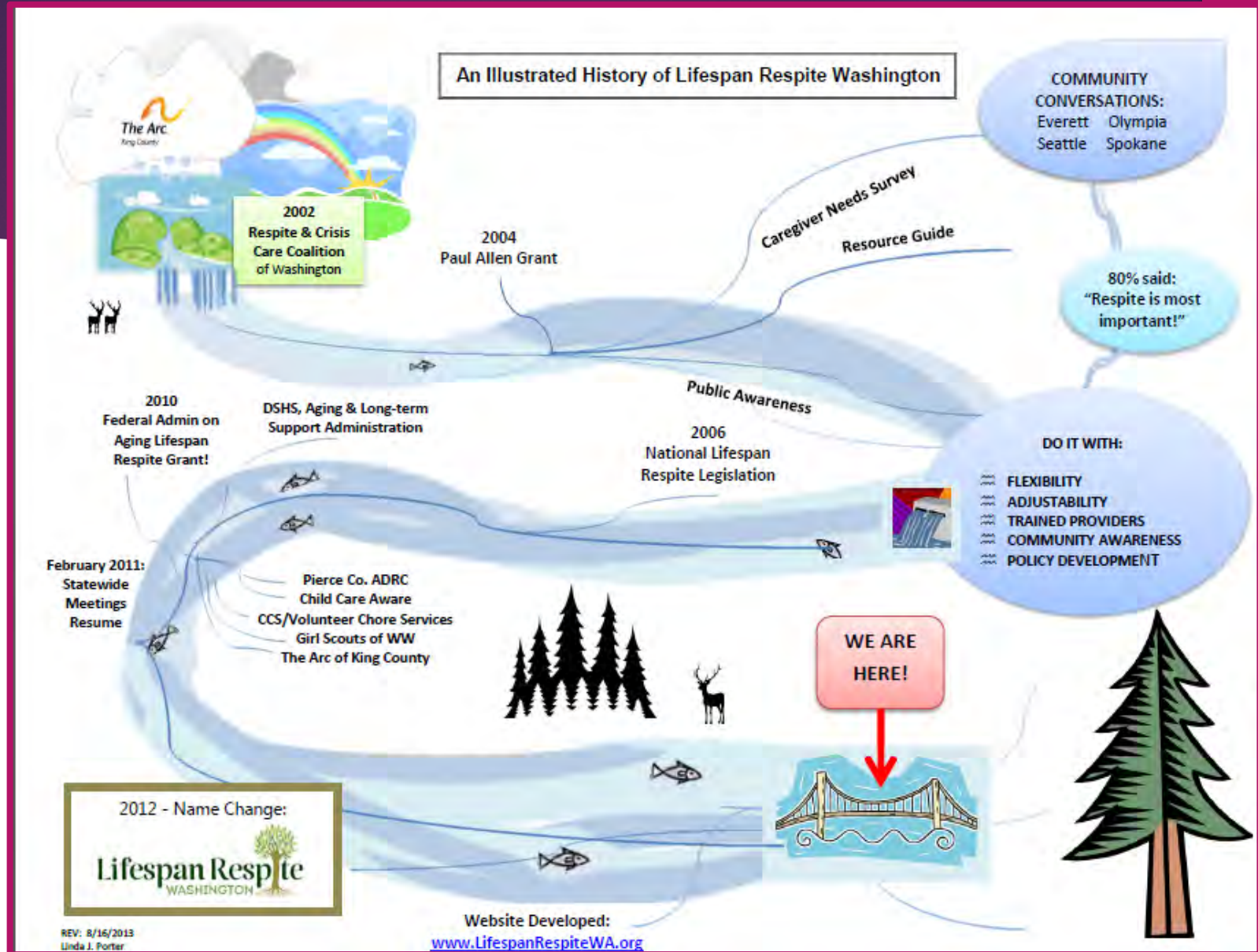


"Climb Every  
Mountain...Soon  
You'll Find Your  
Dream"

ARCH National Respite Conference, "Elevating Respite", 9/20-22/16, Denver

# The journey begins.

"Caregiving is so exhausting both mentally and physically. I have watched my mother just erode away under the strain. It is so frustrating to me that we as a country do not have better resources to help support our aging population. I am hopeful my mom will be one of the lucky ones."





## National Lifespan Respite Act Grants

- Collaboration
- Mapping
- Increased respite options



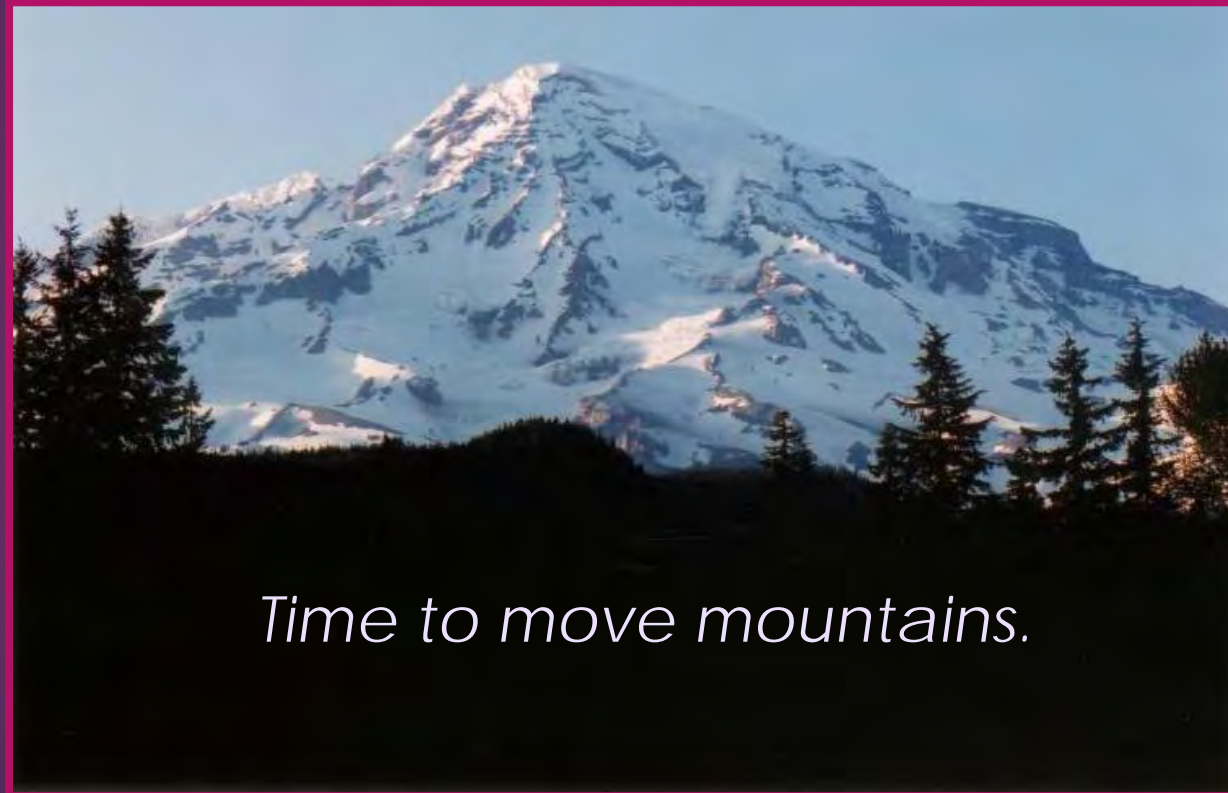
## Family caregivers revealed the need: More respite resources that:

Meet the individual needs of the caregiver...

...and meets the individual needs of the care receiver.

Easy to access...

...through the use of a trained and ready workforce.

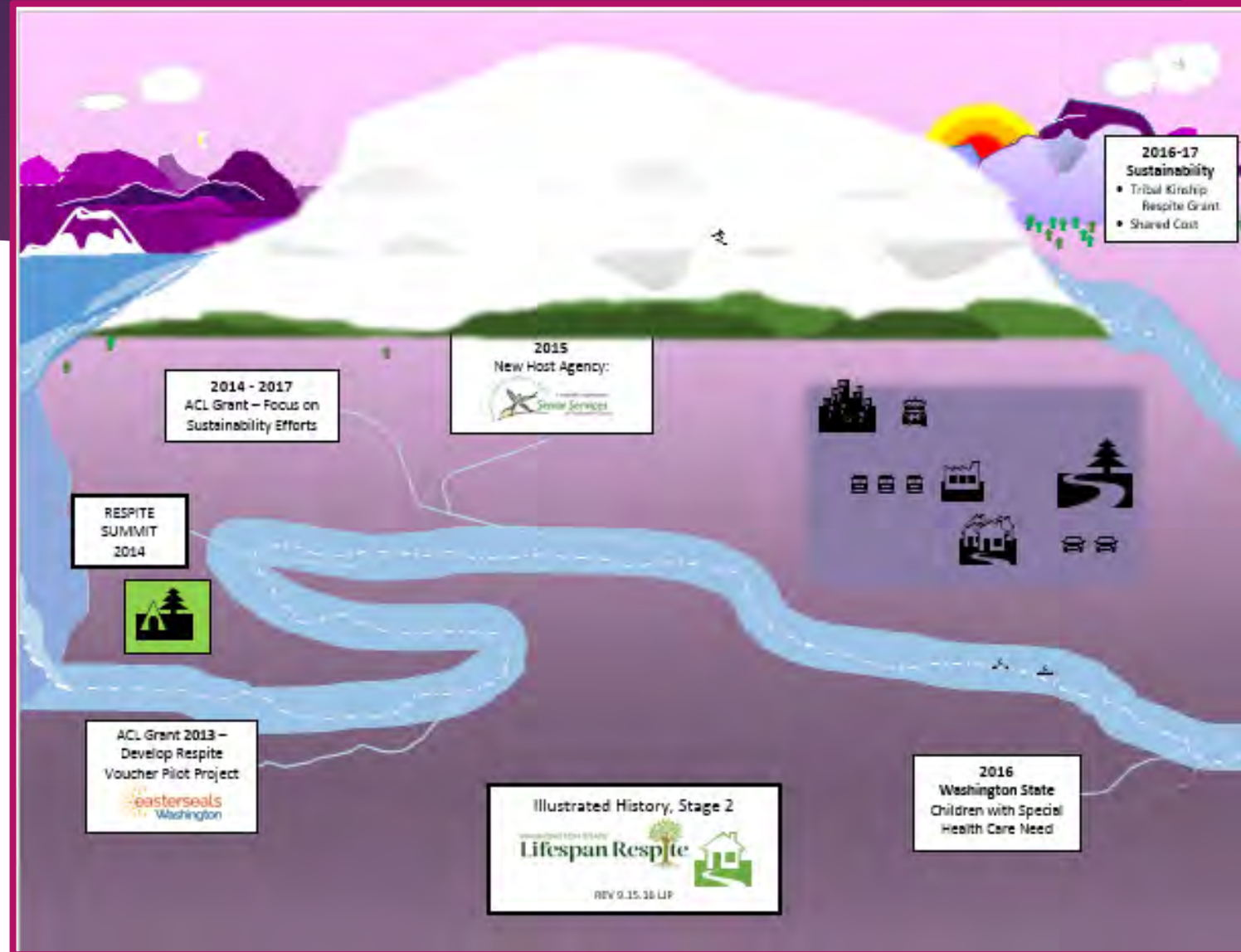


*Time to move mountains.*

Only a small portion of these caregivers received any type of public or formal respite.

## The journey continues....

- MARCH 2014 -Pilot respite project begins!
- JANUARY 2016 - A new and improved system.
- MAY 2016 – Partners through a MOU process with DOH as a model for replication.
- SEPTEMBER 2016 – Companion Project with Tribal Kinship Navigators.



Thanks  
ACL!



# Eligibility requirements include:

- Unpaid family caregivers (includes friends, neighbors)
- Unserved by other respite programs (currently not receiving respite services from another program)
- Provides 40 or more hours per week of direct care, monitoring, or supervision
- Care recipient needs support with activities of daily living due to a disability or illness
- Open to individuals of all ages across the lifespan (birth to death)
- Care to someone living in Washington State

# Respite Provider Agency

## Submit:

1. Application  
(available on LRW website)
2. Certificate of Insurance meeting minimum requirements
3. Tax document (W-9)
4. Sign Inter-Agency Agreement with indemnification language
5. Follow Policies/Procedures
6. Keep LRW staff informed of caregiver engagement, use, and termination of service.

[www.app.leg.wa.gov/rcw/default.aspx?cite=18.88a&full=true](http://www.app.leg.wa.gov/rcw/default.aspx?cite=18.88a&full=true);  
[www.app.leg.wa.gov/rcw/default.aspx?cite=74.34&full=true](http://www.app.leg.wa.gov/rcw/default.aspx?cite=74.34&full=true)





A simple application is available on the website among other access points...

Up to \$1,000 of respite through:

- In-home supports
  - medical care,
  - direct care for daily living activities,
  - companion care,
  - light housekeeping and meal-making
  - but NOT transportation due to liability concerns.



And,

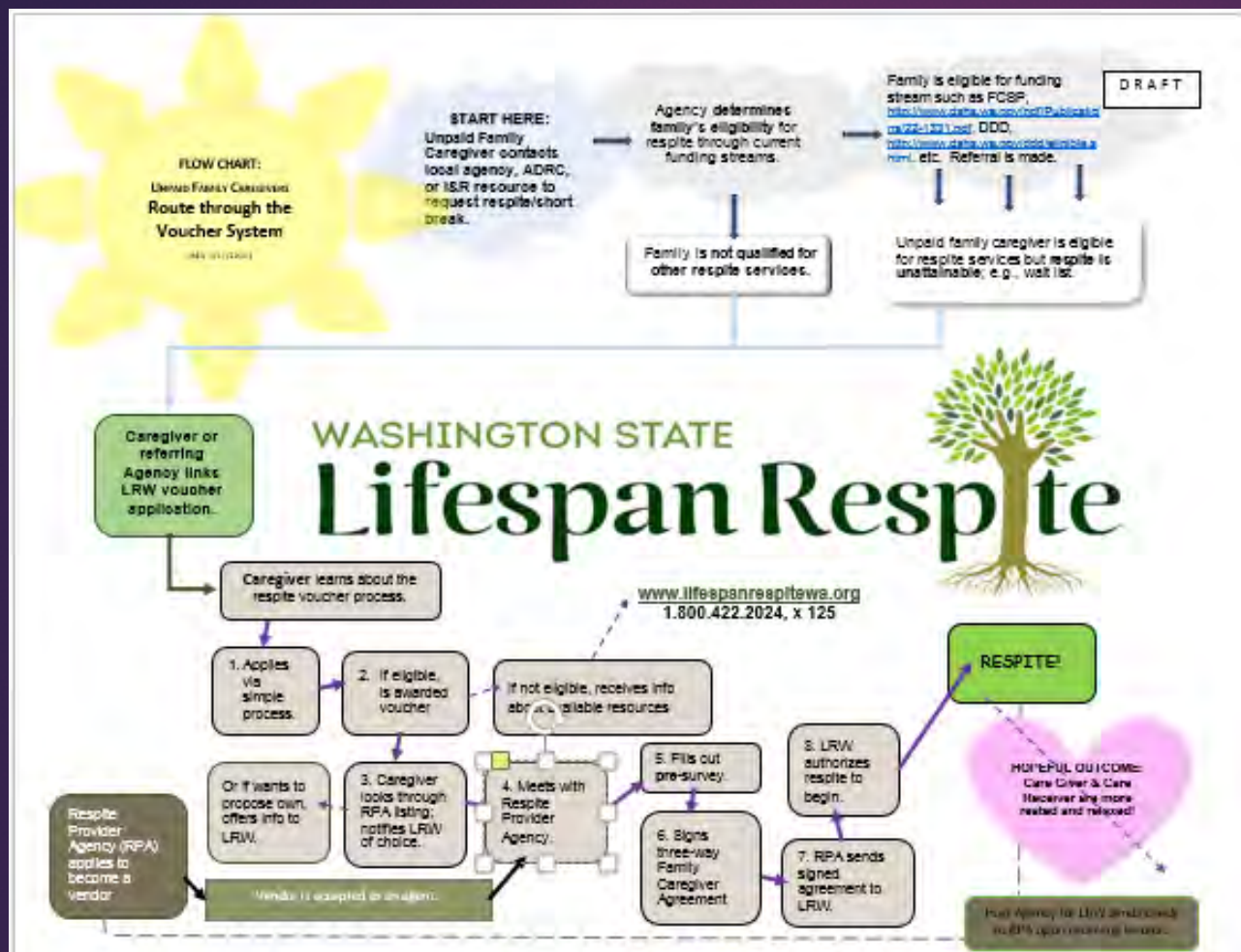
- Adult day care
- Camps
- Specialized community case aides
- Parks & recreation programs
- Social skills programs



# Practical considerations...



- ❑ Prior voucher recipients can use the voucher if—
  - Not used within the past year from their last service end date
  - Other caregivers have a chance
  - Their preferred respite provider holds a contract with the host agency
- ❑ No income window, although donations are gladly accepted in order to sustain the program for others.
- ❑ A limited number of applications are typically available on a first come, first served basis, unless they are qualified through another, specific funding source.
- ❑ If the demand exceeds available funds, the host agency may at some point use a computerized random selector to award vouchers.



# How it works

1. Application
2. Award Letter
3. Caregiver selects agency
4. Agency meets with caregiver
5. Family Caregiver Agreement signed
6. Pre-survey submitted
7. LRW authorizes services
8. Respite provided
9. Agency submits invoice for payment



Vouchers  
were  
awarded



## RESPITE VOUCHER AWARD

**Congratulations!**

You, [Unpaid Family Caregiver] have been awarded an opportunity to receive respite  
for the important role you have in caring for [Care Reciever].

**To get started:**

- You may use these funds in a method that best suits your needs—a few hours a week, or a block of time/days for extended respite up to a maximum of \$1,000.00, as pre-arranged through Easter Seals Washington and one of our approved respite provider agencies listed on our website, <http://www.lifespanrespitewa.org/lifespan-respite-washington-voucher-system/#Welcome>.
- First, though, you will let us know your choice **within two weeks**, and a Caregiver Agreement for Respite Care Services will be sent to you for signature.
- We will forward a signed copy to the Respite Provider Agency (RPA).
- You must use your funds within 60 days or risk losing them. (Call the Project Coordinator if there are questions.)
- Reference the attached Award Letter that further outlines the process for getting this well-deserved time to yourself.



Signed: \_\_\_\_\_

Date: \_\_\_\_\_



Easter Seals Washington  
"Creating Solutions - Changing Lives"

Mail: Project Coordinator  
200 West Mercer Street  
Suite 210E  
Seattle, WA 98119

Email/scan: [info@wa.easterseals.com](mailto:info@wa.easterseals.com)

206.281.5700, x 108 (Direct)  
1.800.678.5708 (Toll-free)  
206.284.0936 (FAX)

Based on  
caregiver  
choice.

About 100  
vouchers  
available.

Up to \$1,000  
each

10% admin fee  
for RPA

30%  
anticipated  
applications  
received first  
week!

# Peaks & Valleys

ELEMENTS	PEAKS (successes)	VALLEYS (challenges)
Multiple host agencies	<p>Great to meet many new and talented folks in different settings</p> <p>Marketing becomes more targeted and services more recognizable</p> <p>Shows flexibility to changing needs</p>	<p>Takes time to acclimate, gain trust and credibility, fit</p> <p>Not necessarily convenient to home base</p> <p>Needs to fit agency's ongoing mission, constituent base</p> <p>Generalized confusion by constituent and service providers alike about geographic and service reach</p> <p>Causes speculation about why another agency is no long the host</p>
Varied funding	Fosters sustainability	Can be confusing to manage different pots



# More...



ELEMENTS	PEAKS (successes)	VALLEYS (challenges)
Outcomes	Exceeded expectations	More respite needed
Staffing	Gives recognizable "face" to program Less money needed to staff System does not have such a steep learning curve	Multiple and varying skills levels are needed; e.g., accounting, work plan, contract compliance, marketing, webmaster, client engagement, data entry "Maytag repairman" Multiple channels of thinking could be beneficial Case management services are needed!
Vendor Agencies	Super excited to be part of this needed program	Confusion at times about how this operates Difficulty keeping LRW apprised of changes

*"It was a genuine pleasure chatting with you last week. Having stumbled across this amazing opportunity, I feel as if having wandered through a parched desert devoid of resources, I've finally been offered a glass of water."*

## What caregivers say

A married couple from Spokane:

- ❖ not comfortable with available respite options;
- ❖ unable to receive publicly-funded respite;
- ❖ reluctant to explore respite until now;
- ❖ son could not be left alone; and
- ❖ "not able to leave him with standard babysitting options"

**BUT** they were willing to try the voucher system due to its host agency connections and caregiver options so they could run errands, shop, take other children on outings, and "learn how the system works as we plan to continue once we feel comfortable with working with others/caregivers." The father was almost giddy as he later stated, "It opened our eyes...to continue for many years."

"Things are going so well with the respite care program! The caregiver (worker) is excellent..."

*And yet...*

"I know we are done soon but I am reaching out to see if you know of more help at least for a short time more."





Host Agency:



[www.sssc.org](http://www.sssc.org)

11627 Airport Road, Suite B  
Everett, WA 98204-8714

For national respite supports and information:  
<http://archrespite.org/productspublications/arch-fact-sheets>

For additional information, contact:

Linda J. Porter  
Program Coordinator



Email: [lporter@sssc.org](mailto:lporter@sssc.org)

Phone: 1.800.422.2024, x 125

Website: [www.lifespanrespitewa.org](http://www.lifespanrespitewa.org)